



Chicken Waikiki



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 cups chicken broth
- ☐ 1.5 cups rice long-grain white uncooked
- ☐ 20 oz pineapple chunks canned
- ☐ 1 cup sugar
- ☐ 3 tablespoons cornstarch
- ☐ 1 tablespoon ground ginger grated
- ☐ 0.3 cup apple cider vinegar
- ☐ 2 tablespoons soya sauce

- ☐ 1 medium bell pepper red cut into 1-inch pieces (1 cup)
- ☐ 1 medium bell pepper green cut into 1-inch pieces (1 cup)
- ☐ 1.5 lb chicken breast boneless skinless

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 2-quart saucepan, heat 3 cups of the broth to boiling over high heat.
- ☐ Add rice; reduce heat to medium-low. Cover; simmer about 20 minutes or until liquid is absorbed.
- ☐ Meanwhile, drain pineapple juice into 2-cup measuring cup; add remaining 1/2 cup broth to make 1 1/4 cups. In another 2-quart saucepan, mix pineapple liquid, sugar, cornstarch, gingerroot, vinegar and soy sauce.
- ☐ Heat to boiling over high heat. Cook about 2 minutes, stirring constantly.
- ☐ Remove from heat. Stir in bell peppers and pineapple.
- ☐ Cut chicken into 2 1/2x1-inch strips.
- ☐ Spread rice in baking dish; arrange chicken strips over rice.
- ☐ Pour pineapple mixture over chicken and rice.
- ☐ Cover dish with foil.
- ☐ Bake about 45 minutes or until chicken is no longer pink in center and mixture is bubbly.

Nutrition Facts



 PROTEIN **22.79%**  FAT **6.67%**  CARBS **70.54%**

Properties

Glycemic Index:38.05, Glycemic Load:45.93, Inflammation Score:-7, Nutrition Score:22.143913144651%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 524.89kcal (26.24%), Fat: 3.88g (5.97%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 92.31g (30.77%), Net Carbohydrates: 89.52g (32.55%), Sugar: 48.88g (54.31%), Cholesterol: 75.32mg (25.11%), Sodium: 981.51mg (42.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.63%), Vitamin B3: 13.74mg (68.71%), Selenium: 45.06µg (64.37%), Vitamin C: 51.58mg (62.52%), Vitamin B6: 1.12mg (55.77%), Manganese: 0.97mg (48.68%), Phosphorus: 323.33mg (32.33%), Vitamin B5: 2.21mg (22.06%), Potassium: 725.37mg (20.72%), Vitamin B1: 0.26mg (17.07%), Magnesium: 65.92mg (16.48%), Vitamin B2: 0.28mg (16.24%), Vitamin A: 778.63IU (15.57%), Copper: 0.29mg (14.4%), Fiber: 2.78g (11.14%), Zinc: 1.49mg (9.97%), Iron: 1.67mg (9.29%), Folate: 25.26µg (6.31%), Vitamin E: 0.73mg (4.85%), Calcium: 46.09mg (4.61%), Vitamin B12: 0.25µg (4.24%), Vitamin K: 3.38µg (3.22%)